

GRAPESVINE

VISITACION VALLEY

NUMBER 91 SERVING OUR COMMUNITY FEBRUARY 1994

Goodbye for Now, Arthur



Residents and staff of Geneva Towers congratulated their executive manager, Arthur Hutton, at a gala farewell party January 21. Hutton has been at the Towers in different capacities for several years, and will be missed by all. He has promised to stay active in the community. Saluting Hutton are (l-r): (front) Larry Fleming and Robin, with (rear) Linda Burch, Victoria Gray, Hutton and Rosie Cuadra.



Toasting Arthur Hutton, (l-r) Fleming and Gray join Carol and Vernon Long

Career Opportunities Better at Smaller Firms

According to a recent survey, an overwhelming majority of managers at large firms believe small and medium-sized companies will offer the best career opportunities during the next five years.

Developed by OfficeTeam, a national staffing service specializing in highly-skilled temporary office and administrative professionals, the survey was conducted by an independent research firm which polled 150 executives from the nation's 1,000 largest companies. Of the responses, 46 percent said small companies, and 47 percent said medium-sized companies would offer the best opportunities before the year 2000.

Extended Education Classes, Seminars and Workshops Continue at S.F. State University

With the new year still young, resolutions can still be made and there's still time to register for spring semester classes through San Francisco State University's Extended Education program.

Semester-length classes and a variety of seminar and workshop classes continue this month and throughout March, April and May. Classes are held at both the New Downtown Center, 425 Market St., and the SFSU main campus at 1600 Holloway Ave.

Among the most popular programs are:

- * Multimedia Studies, which expanded to 48 courses taught by those creating this burgeoning new industry, with more than 900 enrollments last fall;
- * Telecommunications, with courses exploring techniques and technologies, data communications networks, fiber

Food Packs, Infant Formula Available

A new distribution location is now open one day per month by the Commodity Supplemental Food Program for pregnant and postpartum women and children under age six to distribute free food packs and infant formula at Geneva Towers, B Building, 222 Schwerin St., Number 209.

Unregistered participants can sign-up and receive food the same day. To be eligible, a person must reside in San Francisco, have low income and not be participating in the WIC program. Eligible recipients include: low income pregnant and postpartum women; low income households with children under age six including grandparents, foster parents, working parents and undocumented aliens; and anyone already enrolled in the program wishing to transfer their enrollment to Geneva Towers.

For proof of eligibility, the following should bring: pregnant women - proof of pregnancy and Medi-Cal card; postpartum women - Medi-Cal card and proof of child's date of birth; working parents - verification of present income, such as a pay stub, and proof of child's date of birth; grandparents, foster parents and guardians - custody documents and verification of income or Medi-Cal card; and undocumented aliens - SFCH Outpatient card.

Call the Economic Opportunity Council of San Francisco at 247-7849 for more program information.

Valley Neighbor Receives a Special Volunteer Award

Serving her neighbors as a lifelong member of the Visitacion Valley Community Center, Rose Donovan was awarded "Volunteer of the Year with the Most Hours in History" at a Salvation Army Council Holiday Party last December 21.

"I am very honored," said Donovan of the well-deserved award she wished more friends and family were still living to see. Her name had been submitted to Salvation Army by Penny Padden, the community center's senior program lunch site coordinator, in recognition of Donovan's spirited work with the organization's lunch program, as well as other duties at the Senior Center.

A dedicated employee for nearly 50 years at nearby Schlage Lock, she was voted a special award by fellow employees upon retirement in 1974. Donovan represented VVCC at the 1939-40 Golden Gate International Exposition in a booth at the Treasure Island fairgrounds.

"We couldn't run the center without her," said VVCC Senior Director Pat Crocker whom Donovan also assists as secretary.

Junior Grand National Returns to Cow Palace

Offering the nation's youth an opportunity to show their livestock and horses, and compete in the High School Rodeo, the 48th annual Junior Grand National Rodeo, Horse and Stock Show, the largest of its type in the United States, is set for March 24 through April 2 at the Cow Palace.

Running through March 27 for agricultural youths ages 5 through 19, the Stock Show has livestock classes open for exhibit and competition including dairy cattle and goats, market lambs, hogs and beef, breeding beef heifers, ewes and gilts. Also open are three categories for prospect steers, lambs and hogs.

Beginning March 29, the Junior Horse Show will start with the English Division through March 31, with the Western Division running April 1 through 3. Both English and Western divisions are rated "A" by the American Horse Show Association, the Pacific Horse Show Association and the Northern California Horse Show Association.

Rodeo contestants throughout the state will compete for the California Region Team Championship and All Around Cowboy and Cowgirl Championships when the California High School Rodeo Association holds the State Regional Team finals March 26 at 8 p.m. and March 27 at 3 p.m. Call 469-6057 for further details.

Scratching Dog Could Be a Sign of Allergies

A dog itching like crazy could be having an allergic reaction, said Dr. William Fortney, assistant professor of clinical sciences at the Kansas State University College of Veterinary Medicine.

For people with hay fever, an allergic reaction means watery eyes, sinus headaches and sneezing. But for dogs with the same kind of allergy, it means a lot of itching. While the target allergens in humans are the eyes and nose, for dogs it's the skin.

Some indications that your dog is having an allergic reaction include chewing and licking its feet, scratching its armpits, rubbing its face on the carpet, and in some cases, itchy and watery eyes, and ear infections. Fortney said allergies are inheritable and usually develop between the ages of one to three years.

To confirm a dog's allergy, a test similar to that which is used for humans is given. If verified that allergens are the problem, it's best to keep the pet away from an irritating source. There are also several other options a veterinarian can recommend in helping ease pain of a pet's allergic reaction.

Bay Area Transit Voucher Program Provides Employee Fare Discounts

Bay Area transit proponents are enjoying a happy new year as more than 500 regional employers have now joined the Commuter Check transit-voucher program, having provided more than \$3 million in employee transit fare discounts in the last few years. Since September 1991, it has become the second largest transit-voucher program in the country next to New York City's, which began in 1987.

Sponsored by the Metropolitan Transportation Commission (MTC), Commuter Check allows employers to purchase vouchers for employees who use them to buy transit tickets or passes. Employers pay a small commission on the vouchers, which are available in \$20 and \$30 denominations.

"The beauty of Commuter Check is that it is convenient for all sizes and types of employers," said Jane Baker, chairwoman of MTC. "We find that many small businesses like it because it's a way to reward employees who choose to ride public transportation without a lot of hassle."

Although a number of employers give out one or more vouchers to participating employees on a regular basis, those with limited budgets have devised more creative approaches, giving away vouchers in regular drawings, as a start-up programs encouraging new employees switching to transit, or as a year-end bonuses.

"We encourage employers to try whatever works for their employees," added Baker. "In the long run, converting commuters from driving alone to riding transit will aid significantly in our efforts to reduce traffic congestion and the resulting air pollution."

Both participating employers and their employees reap tax benefit from the program, as cost of providing vouchers is tax-deductible for employers and a tax-free employee benefit.

Vouchers can be redeemed throughout the Bay Area on BART, CalTrain and the ferries, as well as most

bus agencies by taking them to one of the region's many pass and ticket sales outlets.

MTC operates the transit-voucher program through contracts with the Commuter Check Services Corporation and RIDES for Bay Area Commuters, the regional ridership agency responsible for marketing the program. MTC is the transportation planning and financing agency for the nine-county Bay Area. Call 1-800-755-7665 for a free information packet.

Bayshore LRV Recommendations Presented to PUC

After a year-long study, including 17 community meetings on how to proceed with service improvements along the Bayshore/Third St. corridor, Muni asked the San Francisco Public Utilities Commission to authorize further development of four light-rail transit alternatives at a January 25 meeting.

Based on the Bayshore Corridor System Planning Study Final Report, Muni also recommended development be done through the Alternatives Analysis, a process making the project eligible for federal funding. Issues such as route alignment and high-level versus low-level boarding platforms would also be addressed.

Muni's Bayshore Project Team previously studied ten alternatives for the corridor, widely recognized as lacking the intensive level of public transit service available in other parts of San Francisco.

Also recommended was an expansion of the 9X-San Bruno Express or an equivalent bus service to all-day, seven-days-a-week between Visitacion Valley and Chinatown/North Beach when the new light-rail service is implemented, addressing concerns from valley residents about loss of direct connections to destinations north of Market St. when rail service begins.

Special Events Honor Black History Month at the Exploratorium

In honor of Black History Month, the Exploratorium presents a children's mural and an interactive exhibition on the work of black scientists and inventors along with a first-hand account of the challenges and obstacles of being a black woman scientist by Dr. Christine Darden, a NASA scientist and expert on the sonic boom.

Contributions of African-American scientists and inventors is depicted in the George Washington Carver Elementary School Mural, created by 120 third and fourth graders from the Hunters Point school. Included in the mural are: George Washington Carver, scientist and inventor of 300 uses for the peanut; Charles Drew, inventor of the plasma bag; Mae Jemison, first female African-American astronaut; and

George Morgan, inventor of the gas hood and stop light. Completed last June, a video of the mural-making process and an interactive video where visitors can record responses to what they've learned are also included.

Ten interactive Exploratorium exhibits, featuring phenomena discovered by black scientists, will also be on display with a Black Scientists and Inventors Pathway highlighting the exhibition.

Dr. Darden's presentation at 3 p.m. February 19 will describe her challenges she's encountered as a black woman in the sciences. Dr. Darden will also conduct a career workshop session February 20 with the Exploratorium's Explainers, a culturally diverse crew of high school-age students who work as the museum's sole guides.

Plans for Groundwater and Recycled Water Now Being Coordinated

Both the Department of Public Work and S.F. Water Department are working closely to comply with the City's 1991 Reclaimed Water Use Ordinance, adopted by the Board of Supervisors during the recent drought, and are developing two companion planning documents to provide guidance for the efficient use of local water resources: the Recycled Water Master Plan and the Groundwater Master Plan. Together, these two plans will assist in drought-proofing San Francisco and meeting future water needs by supplementing water from the Hetch Hetchy system.

The Recycled Water Master Plan (RWMP) outlines the program for producing recycled water from the treated wastewater currently being discharged to the ocean or bay and for distributing recycled water to non-potable water users throughout the City. Preliminary studies for the RWMP show that by the year 2010, about 14 million gallons per day of recycled water could be used for landscaping irrigation, fire fighting, industrial uses and office cooling systems throughout San Francisco. In order to implement such a program, the City would need to construct recycled water treatment plants, storage reservoirs and a distribution pipeline system.

The Groundwater Master Plan (GWMP) will identify potential uses for groundwater within the City and outline guidance for its use. Groundwater is



available in many locations throughout San Francisco and is currently being used to a limited extent. The City, however, does not have a comprehensive plan for the long-term use and development of its groundwater resources. The GWMP will identify both potable and non-potable groundwater resources and recommend specific projects for developing and using the groundwater.

Implementing these two master plans would allow San Francisco to supplement its water supply, currently provided by the Water Department through the Hetch Hetchy system, with local water resources. Both the RWMP and GWMP are being integrated to provide one comprehensive picture of local water supply options, providing maximum flexibility in water quality and quantity.

Neighborhood Program Aims to Reduce Youth Violence

Striving to reduce incidence of youth violence in three neighborhoods along San Francisco's southern border: Bayview-Hunters Point, Visitacion Valley-Sunnyvale and Ocean View-Merced Heights-Ingleside (OMI), the Prevention and Leadership Alternatives for Youth (PLAY) program mobilizes youth, families, community organizations and public agencies in combating factors contributing to troubling unrest.

Both adult and youth neighborhood councils plan and implement violence prevention projects, working to find viable solutions to problems. PLAY is currently recruiting additional adult council members to work with its ten youth members trained in public speaking, conflict resolution and leadership development. Together, they intend to reduce neighborhood violence by increasing self-worth in youth and provide opportunities for work experience, while creating interaction between

youth and role-model adults.

More information is available by contacting Carol Carter, PLAY's neighborhood organizer at 715-0242.

A PLAY youth member relates his experiences.

My name is Victor O. Fadenipo. I am one of the few participants in the PLAY project for the kids. In the months that I have been a participant, the PLAY project has built in not only me, but in the minds of the other participants, an entirely different character from before.

They build your basic character. They mold you for your future roles as the custodian of the nation's economy. They make you strong enough to know when you are weak, and brave enough to face yourself when you are afraid.

They teach you to be proud and unbending in honest failure, but humble and gentle in success; not to substitute words for action; not to seek the path of comfort, but to face the stress and spur

of difficulty and challenge; to learn to stand up in the storm, but to have compassion for those who fail; to master yourself before you seek to master others; to have a heart that is clean, a goal that is high and to be modest so that you will remember the simplicity of true greatness; the open mind of the true wisdom, the meekness of true strength.

They teach us in this way to be prepared for our community

Building Bridges

Following is a letter from San Francisco Housing Authority Acting Executive Director Michael Kelly published in the commission's recent newsletter.

As an architect, I studied bridge building though I've never been called upon to actually build one - until now.

When I assumed the position of acting executive director, I did so expecting the transition to be a challenging one. My goal is to bridge the gap between the old administration and new. I hope to provide continuity and at the same time, opportunity for a different commission and coming director to assure leadership over the agency. I am proud of the progress of this authority in recent years, yet I am fully aware of the remaining challenges.

I look forward to maintaining our well established relationships with residents, the continued high level of staff performance and delivering enhanced services to our community overall. I'd say these are bridges worth building.

Michael Kelly

Mom Still Takes Care Of the Family Pet

The well-intended plea of "I promise to take care of him!" often is not kept as children are leaving it up to mom to take care of the family pet, according to a survey of 1,100 pet owners conducted by the American Animal Hospital Association (AAHA).

Sixty-six percent of the respondents said the female head of the household was responsible for taking care of the family pet. Male heads of household came in a distant second at 19 percent, and the promise makers - sons and daughters - were the primary caregivers in only seven percent of the households surveyed. Matching those statistics, 26 percent of the caregivers are between 40 and 49 years of age, 24 percent between 30-39 years, 21 percent between 20 to 29 years, and 17 percent between 50 to 64 years, with only five percent under 20 years of age.

Fascinating Facts

• Once for ounce, raw red peppers have four times more vitamin C than peeled oranges.

• Fatty meat has about the same amount of cholesterol as lean cuts, since cholesterol is found primarily in the lean tissue, not the fat.

• A lumberjack or boxer needs about the same amount of protein as a middle-aged office worker who rarely leaves his desk.

UC Berkeley Wellness Letter

Special Events Coming To S.F. Public Library

• **Gifts to the City:** A selection of the accolades and artifacts presented to San Francisco's mayors by donors from around the world through February 28 on the third floor of the Main Library.

• **California Midwinter International Exposition, A Centennial Journey, 1894-1994:** Programs, photographs, prints, fair souvenirs and other rarely seen memorabilia from the "forgotten" world's fair held in Golden Gate Park in 1894, through March 31 along the second floor rotunda of the Main Library.

Book Review

When We Were Young - A Baby-Boomer Yearbook by Rita Lang Kleinfelder; Prentice Hall General Reference, New York; 768 pgs.; \$19

Since those post-World War II years known as the "baby boomer era" were somehow repeatedly extended all the way up through 1975 - somebody probably thought 30 years was a nice place to finally stop - Kleinfelder's gigantic collection of news, sports, cars, fads, fashion, food and a zillion other topics offers an interesting look at three decades of innovation. Read all about Elvis, the Beatles, Kennedy, Nixon, and "one small step for man..." not-to-mention Bill Frieri sharing his medicine cabinet with that loudmouth neighbor who used Right Guard deodorant.



Tasty Tomatoes in the Heart of Winter

Fresh tomatoes have come a long way from their original green, inedible ancestors that grew only to the size of grapes in the wilds of Peru's Andean Mountains. In fact, fresh tomatoes had already come a long way by the time the Spanish explorer Hernan Cortes became the first European to "discover" them in 1519, in Mexico. That's because ancient gardeners had already domesticated wild tomatoes by breeding larger, edible red tomatoes that most of us would today recognize.

Ever since, gardeners and tomato lovers around the world have been busy crossing wild and domesticated tomato varieties trying to improve everything about tomatoes: color and taste; ability in resisting diseases and pests; and an ability to withstand droughts and other environmental stresses.

Results have been nothing short of spectacular. Since the 1930s, well before modern biotechnology became a reality, resistance to more than 12 different tomato diseases were bred into domestic tomatoes from their wild brethren. Productivity increased an impressive 230 percent for fresh tomatoes and an astounding 500 percent for tomatoes used in processed foods such as sauces and soups. Credit for half of these plump increases goes directly to plant breeders moving genetic traits among tomato varieties to produce better ones. Americans obviously have responded very favorably to improved tomatoes.

Americans, on average, eat home some 18 pounds of fresh tomatoes each year. That's more than every other produce item except lettuce and potatoes.

But even though Americans love their tomatoes, they also love to complain about them, especially with taste. A tomato's looks and health are one thing, but the taste is what counts.

According to a 1993 survey by The Packer, a produce industry trade publication, American consumers picked the tomato as the produce item leaving them dissatisfied most often. That's less surprising when realized that 90 percent of tomatoes consumed in the U.S. are grown in California, Florida and Mexico. Thus, they have to be shipped great distances to most consumers. In order to withstand punishment of such long journeys, tomatoes must be picked when still green and hard. They are then treated with ethylene gas to turn them red and soften them during their trip to consumers' plates. (Ethylene is a harmless gas produced naturally at low levels by ripening fruits.)

Despite this effort, consumers are overwhelmingly tired of the mushy, tasteless tomatoes they get in winter. What they long for is that "backyard," "farmstand," "homegrown," "summer-time" flavor year-round.

The message couldn't be clearer: Americans love tomatoes and they want to love them even more. If only they could find ones tasting better, especially in winter months on the East Coast and throughout the Midwest when a tasty tomato is tough to find. If that were a choice, they've strongly indicated they

would.

And consumers will soon have that choice, thanks to plant breeders and genetic tools enabling them to understand tomatoes better.

Genes responsible for ripening have been known to tomato breeders since the 1950s. Until recently, no one had ever been able to turn down the expression of these genes because it was not understood how genes functioned in the tomato itself.

More than anything else, new tools of biotechnology have given modern plant breeders the ability to understand how specific genes actually work in tomatoes and every other plant. With increased understanding, breeders can now work with specific genes getting specific results, rather than crossing hundreds of thousands of genes from different varieties in hopes of achieving the same or a similar result.

This is precisely the approach taken in developing a new variety of tomato. Researchers discovered that by putting a copy of a gene causing softening into tomato plants backwards, they could slow the softening process, resulting in more time on the vine before picking and better-tasting tomatoes year-round for consumers.

When the first frosts shut down the supply of local tomatoes, fresh tomato consumption decreased by nearly 33 percent every winter, especially in eastern states. It will soon be possible to ship vine-ripened tomatoes to markets throughout the United States.

For the first time, people who love tomatoes will have more to love and less to complain about, all winter long, precisely the kind of choice modern plant breeding will bring to consumers around the world. After all, the same methods having worked so well in tomatoes are now being applied to melons, peaches, bananas, papayas and even fresh-cut flowers.

IFIC

AND THAT NAME IS...

YUBAN

You've seen the commercials touting "100 percent Colombian coffee," but just where did they come up with the name Yuban?

Seems there was a firm named Arbuckle Brothers in New York where coffee merchant John Arbuckle was accustomed to serving his dinner guests a special blend during his holiday "Yuletide Banquets." Beans for his special coffee were shipped north in large sacks marked "AB NY" for Arbuckle Brothers, New York.

In marketing his concoction, Arbuckle repeatedly tried to create a name from the four letters on those coffee sacks, but found success when a friend suggested he add a "U" to the jumble of "YBAN." Now marketed by the Maxwell House Coffee Company of Kraft General Foods in White Plains, New York, Yuban is a popular brand proudly standing by a trademark of the National Federation of Coffee Growers of Columbia: "The Richest Coffee in the World."

Tax Tips for a Small Businessperson

Business is tough enough these days without taking an unnecessary beating at tax time. So here are some of the many tax tips from the Internal Revenue Service you can use to save money:

* Good recordkeeping can be crucial for a new business on a tight budget;

* You can deduct everyday operating expenses, interest on loans for business purposes and entertainment if it is "ordinary and necessary" in conducting your business;

* If you use the accrual method of accounting, you may be able to deduct bad debts, including loans;

* You may be able to claim a tax credit of up to \$5,000 for the costs of

providing access to persons with disabilities;

* You can depreciate major business assets that have a useful life of more than one year, while section 179 lets you deduct some assets the first year you use them;

* Avoid a hefty tax penalty by depositing your federal employment taxes on time; and

* Depreciation of a luxury car is well below its actual cost, so you may be better off with a more modest vehicle.

For more small and new business tax assistance or information including free forms and publications, call the IRS hotline at 1-800-TAX-1040. It's a little thing that could mean a lot.

Evaluating the City's Matrix Program

By Mayor Frank Jordan

Evaluating Matrix is a little like the sightless describing an elephant. Some think it looks like a trunk. Others describe the ears, while still others swear the whole thing is shaped like a nose.

Matrix is the sum of its parts. When I first envisioned the program, it was in response to citizen complaints that San Francisco was becoming uninhabitable. Street people were committing crimes which, if left unabated, would endanger other homeless, as well as non-homeless citizens.

We began more vigorous enforcement of laws against nuisance crimes: trespassing, sidewalk and street obstruction, laws against aggressive panhandling, public urination, camping in public parks and sleeping in public parks after 10 p.m. Representatives from social services and mental health workers surveyed and evaluated necessary outreach programs.

Layer by layer we began to add other components to the program. In addition to enforcement actions, we sent out teams of social and mental health workers. As our homeless plan evolved, more single room occupancy rooms opened up. We utilized the Mission Hotel as an assessment center for those who needed to be made aware of options other than living on the street.

Our team, which meets every ten days, now included 35 people, representing a cross-section of San Francisco departments and agencies that interface with the homeless.

San Francisco currently spends \$46 million annually on homeless services. These monies are distributed through a myriad of public and private agencies. In addition to that \$46 million, we spend \$55 million of general fund revenues on general assistance welfare payments.

In the past two years we have constructed 2,100 units of low and moderate-income housing, with an additional 1,100 units on line. Through the Mayor's Office of Housing, with help from Senator Dianne Feinstein and Congresswoman Nancy Pelosi, we were able to secure an additional \$9.9 million in assistance for the homeless.

Any death caused by homelessness is

too many. However, reported street deaths for the year were down - in part, according to advocate Paul Bodin in a KCBS interview, to the Matrix program.

Is Matrix purely an enforcement effort designed to remove the homeless from the streets? No. It is a combination of enforcement, social and mental health outreach that, to date, has put hundreds more people into the system than were there before - many for the first time. Most, given the option to move on or be cited, receive a voucher, or if they are drunk, they may be jailed until they are sober.

Our surveys have found that 60 percent of those in emergency shelters already have received GA benefits that should go toward housing. By their own admission, they are spending the money on drugs and alcohol. So we are paying for services twice. This is one of the reasons we are advocating direct payment for the single room occupancy hotel rooms, \$280 per month, so the money can go for housing.

Major "category one" serious crimes are down 13 percent this year to date, while the average drop over the last three months has been 30 percent per month compared to the same time last year. Just recently, a major cocaine cartel, working out of the homeless carts in Civic Center Plaza and netting hundreds of thousands of dollars annually, was broken up. One of the individuals arrested was armed, carrying a .38 revolver.

The homeless deserve help and assistance. We, as a city, however, cannot do it alone. We have undergone \$515 million in deficits over the last two years. While other surrounding counties have lowered general assistance payments to \$299, we have remained at \$345.

To stretch GA monies for those who need it, we have instituted electronic fingerprinting to eliminate double-dipping by residents of nearby counties. We have instituted a 15-day residency requirement and have instituted progressive sanctions for those found guilty of fraud.

We need help from the state and the federal government. Those homeless who are mentally ill need treatment facilities. Those substance abusers and alcoholics who desire treatment must have it made available to them.

Women on the streets need to know of the St. Paulus Shelter. Food Not Bombs needs to obtain the necessary permits to help the hungry. Homeless advocates need to help lobby the state and the federal government for additional revenues, as all the while we assist the homeless, enforce laws where they are being violated and make sure that our parks, playgrounds, plazas, streets, ATM machines and sidewalks are for all San Franciscans.

GRAPEVINE

VISITACION VALLEY

Published monthly by the Visitacion Valley Community Center, 50 Raymond Avenue, San Francisco CA 94134. 487-6400. \$9 per year. Julia A. Kavenagh, Executive Director. Opinions expressed in the Grapevine are not necessarily those of Visitacion Valley Community Center.

EDITORIAL COMMITTEE: Ian Applano, Bonnie Bamberg, Dan Bertone, Shirlene Holmes-Boox, Walter Corbin, Pat Crocker, Levaughn King, Julie Kavenagh, Brinda Lopez, Ruby Smith, Florence Penhewer

©1994 VV Community Center. All rights reserved.



Just How to Tell Bison from Bull

By Merritt Clifton

In 1954, the late mammalogist Olaus J. Murie celebrated his 65th birthday with the publication of *Animal Tracks*, immediately recognized and still regarded as the definite guide to identifying North American wildlife by their tracks and scat. Ever since, the National Audubon Society, National Wildlife Federation and Roger Tory Peterson Institute have kept it in print as part of the Peterson Field Guide series.

Though Murie was perhaps the most expert tracker of his time, he readily admitted having trouble telling bison tracks from those of ordinary cattle. "The tracks are very similar," he explained. "The droppings, too, are very similar to those of cattle, both in the soft, formless and harder layered types."

But more than 1,320 members of the American Bison Association - nearly 400 more than a year ago - swear Murie just didn't know his poop.

Being the latest in a long succession of get-rich-quick schemes involving unusual livestock, bison ranching purportedly differs from other ranching failures by allegedly having an ecological, historical and cultural foundation. According to bison ranching proponents, bison will proliferate once again along the Rocky Mountain range, not only because they naturally belong there, but because there is money to be made in raising bison for beef. They claim the bison boom won't follow the chinchilla, salmon and alligator booms to spectacular bust; instead, the public will switch from eating beef to eating bison meat, which is said to contain less cholesterol.

Not only that, proponents say it will save the overgrazed American West, including severely depleted Ogallala Aquifer. Somehow, through a miracle yet to be explained, bison hooves will do

less damage than cattle hooves to the earth they trample.

Depending on whether one quotes resource economist Jim Oltjen of the University of California at Davis, or Diet for a New America author John Robbins, the cattle industry now uses anywhere from 390 to 5,214 gallons of water to produce each pound of beef. But thirsty bison half as big as the average beef critter aren't expected to drink rivers dry. Fodder crops now occupy 70 percent of the cultivated land in the U.S. requiring close to 90 percent of all the herbicide and pesticide use, and causing the loss of five pounds of topsoil per pound of beef yield. But as the story goes, bison don't need supplementary feeding because they can't even forage through deep snow.

Miracle tales of bison seemingly have no end, including the notion recently repeated by The New York Times Magazine where bison cows can bear young for 35 years, no small feat considering the typical bison lifespan is 25 years.

Certainly bison ranching has New Age cachet especially among the ever-growing Wannabe Tribe, inspired by the 3,200 ranch-reared bison who shared the big screen with Kevin Costner in *Dances With Wolves*. Several authentic Native American tribes are also involved in bison ranching, among them: the Cheyenne River Sioux of Wyoming with 500; Alexander tribe of Alberta with 200; and the Kalispell tribe of northeastern Washington having 130. But they're small-timers compared to satellite television magnate Ted Turner and wife Jane Fonda who run 4,000 head in Montana. Turner had a large conventional beef herd, but as he explained two years ago, found bison sexier because "they don't have fat butts."

But the amount of fat on a bison's butt depends not if she works out with Jane, but rather upon how much home she has to roam and how much grass she finds there. Evidence finds bison at least as capable of overgrazing as any other bovine if they aren't allowed to migrate 200 miles or more, winter and summer, so they don't continually nibble down the same pasture.

Arizona's Department of Game and Fish has sworn black and blue for 25 years that a mere 100 bison severely overgraze the 15,000-acre Raymond Ranch Wildlife Area, 30 miles east of

Flagstaff, Arizona.

The most intensive semi-successful bison grazing to date may be on the Sweet Ranch in Colorado where proprietors Will McFarlane and Doug Stewart keep 1,600 bison on 14,000 acres estimating they could double their herd without exhausting the pasture. The Sweet Ranch grazing density of 8.75 acres per animal would be lowered to 4.4 acres per animal if the herd is doubled successfully. From a rancher's point of view, that would compare quite favorably to the average density of 51 acres per animal maintained on the 270 million acres of federally leased grazing land.

Contrary to myth, most bison ranchers "finish" or fatten the animals with all the grain they can eat during their final 90 to 120 days before slaughter - exactly the same length of time conventional beef cattle spend in feedlots. And the grain they get isn't always straight from the silo. Like conventional beef cattle, bison are often brought up to peak sale weight through the use of "beef fattener," a mixture of one part whole grain to three parts sterilized chicken manure. The chicken manure is usually called "recycled protein" on the sides of bags in which it comes. To be directly competitive with conventional beef cattle, bison ranchers will eventually have to achieve comparable economy of scale - not just comparable chicken-bleep. Right now, bison meat sells for an average of 40 percent more than beef and is competing only with upper end of the steak market.

The Raymond Ranch pays the lowest prices currently advertised for whole bison: from \$250 for a yearling to \$750 for an adult. For that, a buyer gets about 175 pounds of meat per carcass with a hide and a skull. A live bison suitable for breeding fetches \$1,200, while a full grown bison brings a slaughter price of about \$1,300. Killing a bison at a private "canned hunt" can go as high as \$2,000, including a videotape of action roughly comparable to shooting a fish in a barrel.

Overall, bison prices on the hoof run only slightly higher per pound than the price of quality beef cattle. The significantly higher price of bison meat reflects a relative scarcity of slaughtering plants for bison, rather than high demand. Despite the wave of enthusiasm for bison ranching, the notion

VISITACION VALLEY GRAPEVINE - FEBRUARY 1994 - 3

of actually eating bison has yet to catch on with the American public, whose consumption of red meat fell from 94 pounds retail weight per person in 1976 to just 67 pounds in 1991.

Certainly the investment in bison is increasing faster than the share bison claims of the U.S. meat market. While the domestic bison herd has grown 86 percent since 1988, from about 70,000 to more than 130,000 today, the number of bison slaughtered for human consumption has increased only 33 percent, from 9,000 to 12,000. Bison slaughtered last year account for just 10 percent of the daily slaughtering quotient of conventional beef cattle.

In short, when the present speculation in breeding stock ends, the excess of production will bring a crash in this livestock fad just as it brought a recent crash in alligator prices (now expected to put a third of the U.S. alligator ranching industry out of business within the coming year).

Bison ranching enthusiasts, overlooking the reality of fences and high-

ways dividing the one-time bison range into small fractions of what it once was, emphasize the North American continent sustaining as many as 60 million bison 300 years ago. But even if the range could be reopened and bison returned to their peak numbers, they still couldn't satisfy the demand for beef. Bison herds would nearly have to double before equaling the present herd of 105 million conventional beef cattle.

Although the American Bison Association proclaims: "Animals people eat do not become extinct," the truth is that the animal was saved from extinction in 1890 by a Native American from Montana named Walking Coyote. Caught in fornication, he unsuccessfully tried to mollify his wife by presenting her with six bison calves. She and her relatives threw him out, along with the calves, which he kept. By 1907, he had nurtured them to a herd of 700 - more than half of all the bison then left in the world.

Friends of Animals Action Line

In Honor of Black History Month...

the

Geneva Towers RECREATION CENTER

Proudly Presents
CAREER DAY

"CREATING CHOICES THROUGH A WINDOW OF OPPORTUNITY"

SATURDAY - February 19, 1994

Geneva Towers Recreation Center invites youth from 12 - 18 years old to come to the Career Day being held in honor of Black History Month on Saturday, February 19, 1994 from 10:00 a.m. to 2:00 p.m. Lunch will be served, and will be free to participants in the program, which features guest speakers, workshops, panel discussions and video playbacks of the proceedings.

The workshops include "I Can Do All Things", and "What's The 411?" Admission is free. For information on how to register, call Sandra Carlson or Vernon Long at (415) 586-4881.

BINGO



VVCC BINGO
66 RAYMOND AVE
(at Bayshore)
SAN FRANCISCO

SUNDAY AFTERNOONS AT 1:00 P.M.
DOORS OPEN AT 11:30 A.M.

SNACKS &
LUNCHES

MORE THAN
\$7000

FRIENDLY
FOLKS!

PAYOUTS EACH GAME
GUARANTEED!



2 PAD MINIMUM - (\$5 PER PAD)



A NEW START HAIR STUDIO

SPECIALIZING IN COMPLETE HAIR CARE

Men - Women - Children

Reasonable Prices

CALL for an appointment
or COME IN

(415) 584-3077

222 Leland St.

San Francisco, CA 94134

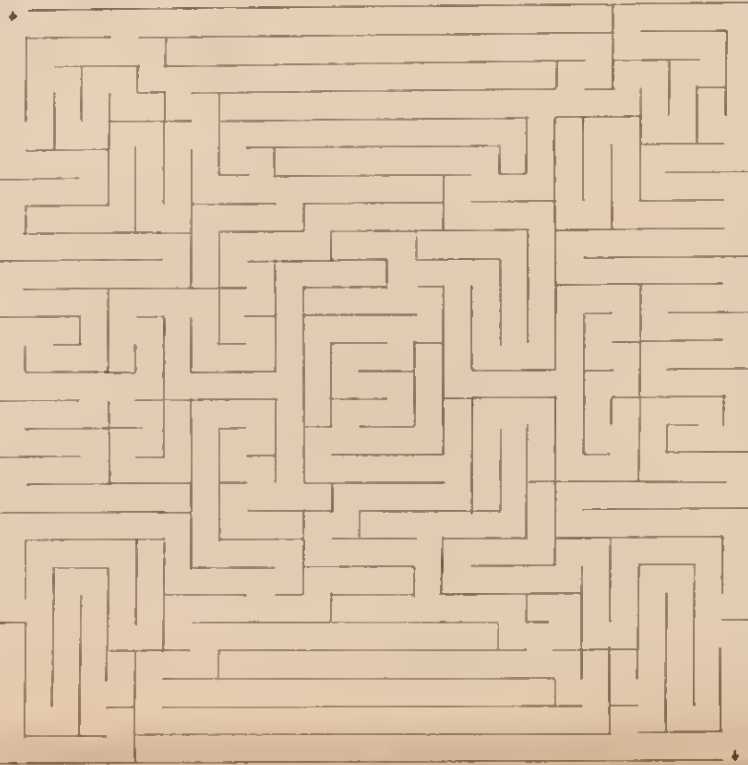
Joyce Hollins & Staff

Rico's Favorite TV Programs

- 1. On Uragnet, before there was an Officer Bill Gannon, Joe Friday's partner was Officer Frank Smith played by _____.
- 2. Tom Patchett was the undeniable voice of _____.
- 3. He's the voice of Garfield.
- 4. Who was Palladin in Have Gun, Will Travel?
- 5. Who was the voice of Woody Woodpecker?
- 6. Jeppers! Jack Larson played _____ on the original Superman series.
- 7. He was the original Riddler on Batman.
- 8. Sergeant O'Rourke on F Troop was played by _____.
- 9. Laurence Tureaud changed himself into _____.
- 10. Who owned the apartment house where Abbott and Costello lived?
- 11. Who was the Fall Guy?
- 12. In a very short-lived series, they

- were Working Stiffs.
- 13. Who was the original Dick Tracy?
- 14. He was B.L. Stryker.
- 15. Hewas Marshal Mike Dunbar on Wichita Town.
- 16. Frank Sutton played the grouchy _____ on Golmer Pyle U.S.M.C.
- 17. He was Jim Phelps on Mission Impossible.
- 18. And he was Chief on Get Smart.
- 19. Who had large dog puppets named White Fang and Black Tooth?
- 20. She was the original Wonder Woman.
- 21. And she was Mary Hartman.
- 22. Who was Uncle Tonoose on Make Room for Daddy?
- 23. Who played Sandy Winfield II on Surfside 6?
- 24. He was Gruber on McHale's Navy.
- 25. After riding the range as Adam on Bonanza, Pernell Roberts became Dr. John McIntyre years later on _____.
- 26. Who was Bat Masterson?
- 27. She played Chris Broderick on Nightingales.

Minute Maze



- 28. He was the Highwayman.
- 29. He was Daniel Boone.
- 30. Ronnie Cox played George Apple on _____.
- 31. She was Fay Stewart on Fay.
- 32. Merlin Olsen played the father of an Amish family on _____.
- 33. George Dzundza managed the 364 Store in _____.
- 34. He was Hard castle on Hardcastle and McCormick.
- 35. Who played Dr. Carl Hyatt on Checkmate?
- 36. He played Taro Takahashi on Mr. T and Tina.
- 37. Speaking of misters, he was Mr. Wizard.
- 38. And he was Mr. Belvedere.
- 39. David Rasche's favorite line was "Trust me! I know what I'm doing!" as _____.
- 40. As Scott Ross and Clipper Hamilton, they ran a garage on Straightaway.

FIVE YEARS AGO IN THE GRAPEVINE

FEBRUARY 1989

- *Maxicare, Visitacion Valley's only medical facility, closed its Leland Ave. location February 1.
- *Members of the San Francisco Neighborhood Newspaper Association met with Mayor Art Agnos to discuss vital community issues.
- *Representatives from the City's Recycling Program scheduled a brief presentation for the February meeting of the Visitacion Valley Improvement Association.
- *Postal worker Robert Fischer became the neighborhood's newest realtor at Excelsior Properties, a Century 21 franchise on Leland Ave. managed by returning valley native Don Christensen.
- *St. Luke's Hospital announced it would welcome Medi-Cal patients formerly receiving treatment at Maxicare clinic on Leland Ave.
- *Brothers of Alpha Phi Alpha Fraternity, Inc., Xi Rho Chapter, San Francisco State University joined the Mothers of Concern of the Sunnydale community in conducting a study hall for youth, from kindergarten through 12th grade at the Sunnydale Community Center.

- 41. He hosted the Twentieth Century.
- 42. Vic Morrow played Sergeant Chip Saunders in _____.
- 43. She was Maxx on Sugar Time!
- 44. He was Starman.
- 45. He was Pete, she was Gladys on Pete and Gladys.
- 46. Rory Calboun played Bill Longley on _____.
- 47. He was the Virginian.
- 48. After his Dennis the Menace days, Jay North played Terry Bowen on _____.
- 49. Sing Along with _____.
- 50. As Captain Steve Barton, Gary Conway was pilot of the Spindrift on _____.

- Donahue; 24. Carl Ballentine; 25. Trap-Lasser; 26. Hans Conrard; 27. Troy Graves; 18. Edward Platt; 19. Soupy Sales; 20. Lynda Carter; 21. Louise McCreag; 16. Sgt. Carter; 17. Peter Hammett; 40. Brian Kelly; John Ashley; 38. Christopher Hewett; 39. Stedde Cabor; 36. Pat Morita; 37. Don Herbert; 35. Sebastian Night; 34. Brian Keith; 33. Open All Grant; 32. Aaron's Way; 33. Open All Grant; 32. Aaron's Way; 31. Lee Fess Parker; 30. Apple's Way; 29. Suzanne Pleshette; 28. Sam Jones; 27. per John, M.D.; 26. Gene Barry; 25. Ben Alexander; 2. Alf; 3. Lorenzo Musici; 4. Richard Boone; 5. Grace Lantz, wife of Walter; 6. Jimmy Olsen; 7. Frank Gorshing; 8. Forrest Tucker; 9. Mr. T; 10. Mr. Fields; 11. Lee Majors; 12. Jim Belushi; 14. Burt Reynolds; 15. Joel Ralph Byrd; 14. Burt Reynolds; 15. Joel

S.F. Youth Committee Attacks Tobacco

Did you know that 90 percent of tobacco addicts started smoking in their early teens? Most teens who start smoking find that once they start, they can't stop.

Why did they start and how did they get hooked? The exact reason is hard to pinpoint, but many factors playing a part in the influence of teen smokers, including parental influence, advertising and easy access.

A lot of kids were sent by a parent or relative to buy cigarettes, only to get interested in what the "big deal" was about. It's easy to buy cigarettes without an ID and single cigarettes are everywhere. Most stores neither ask questions or care who the tobacco goes to as long as the money ends up in their pockets.

Since nine of ten youths can buy cigarettes in San Francisco - and smoking kills more people than alcohol, cocaine, crack, heroin, homicides, suicides, fires, car accidents and AIDS combined - their future is at stake.

An anti-tobacco committee for San Francisco teens has been formed to stop sales of tobacco to teens and kids and halt advertising like Joe Camel, who appeals to young people.

Tobacco companies target kids and teenagers where they live. All you have to do is look at the number of cigarette billboards and posters like Virginia Slims, Newport, Kool and Marlboro

plastered on corner stores in various neighborhoods.

To get involved, you need only be 18 years old or younger and attend monthly meetings. Refreshments are provided and it costs nothing to participate. Learn how to produce anti-tobacco advertisements, and talk to community leaders and other influential people while working with television and radio.

Just call Susana or Mele at 554-9153 or 554-9154 for meeting times and places. You can also call Columbia Park Boys Club at 861-8232 and ask for the Tobacco Free Task Force or Potrero Hill Neighborhood House at 826-8080, asking for Powerful Youth in Action.

GRAPEVINE
ONLY \$9.00 PER YEAR
MAILED DIRECT TO YOU!

NAME _____

ADDRESS _____

CITY/STATE/ZIP _____

ENCLOSED IS MY \$9.00 CHECK OR MONEY ORDER - VISITACION VALLEY GRAPEVINE
50 RAYMOND AVE., SAN FRANCISCO, CA. 94134

DAILY LUNCH SPECIALS
CATERING AVAILABLE
OPEN GAME DAYS

Hours: Mon. thru Fri, 7:00 a.m. to 4:00 p.m.



Executive Cafe

150 EXECUTIVE PARK BLVD.
SAN FRANCISCO
AT SAN FRANCISCO EXECUTIVE PARK
(415 - 468-0500)
Tuntex Properties, Inc., San Francisco

VISITACION VALLEY
COMMUNITY CENTER
SENIOR PROGRAM

Funded by S.F. Commission on the Aging

- | | |
|---|-----------------------|
| Open 365 days a year | lunch served everyday |
| Senior Bingo | Sewing |
| Holiday Crafts | Blood Pressure |
| Visiting Podiatrist | Ceramics |
| Senior Council | Birthday Parties |
| Day Outings | Holiday Celebrations |
| Overnight Excursions | Potlucks |
| Reno Trips | and etc. etc. |
| 66 Raymond Ave...467-4499...Pat Crocker, Director | |

Leland Locksmith

200 Leland Avenue
587-8403

SALES * SERVICE * REPAIRS
KEYS MADE WHILE YOU WAIT

Open Mon. thru Fri. 9 a.m. to 5 p.m.
Sat. 10 a.m. to 3 p.m.

Visitacion Valley Dental Office
Albert Kuan, D.D.S.

訪各牙醫
關博士



通曉粵語
請預約

10% Senior Discount

37 Leland Ave., San Francisco, Ca. 94134
Mon. - Fri. 9:00 to 5:00 Saturday 9:00 to 1:00
Phone 239-5500 for appointment

Cantonese spoken

FILES OF R. U. BLAME
PRIVATE EYE
By Frank Waturl

Finally ready to leave Lintville after an overnight fact-finding mission, Detective Blame and Gus Goner received a call from the sister of missing fisherman Joe Bulango requesting they visit her city apartment to receive vital information.

NOBODY'S HOME

Quickly driving their Plymouth to the address given them, Blame and Gus pulled up in front of large apartment building where Sally Bulango lived. Parking the car, both men walked up several brick steps, through a narrow entrance and into a dusty lobby lined with a pale purple carpet and a half-dead palm tree leaning from a pot next to a wall. To their immediate right sat a large ash tray loaded unevenly with sand and a few dozen cigarettes sticking upward, directly in front of an antiquated elevator.

"So we're going to take this monstrosity to 8-G?" questioned Blame as he pulled the squeaking gate aside for Gus and he to pass. "I'd almost rather take the stairs."

Pushing the button, the elevator clicked into motion with a loud humming sound and jolted precariously every few floors until finally coming to a halt several inches above the eighth floor.

"Watch your step, Roscoe," cautioned Gus as he held the gate and they both stepped down onto a hideously carpet running down a dark, dingy hallway past winding flights of stairs to their destination.

Ring the doorbell of 8-G, both men waited in anticipation for 30 seconds before Gus asked, "Are you sure you got the number right?"

"Of course I'm sure!" exclaimed Blame as he again rang the bell twice. "How many times do you think I've done this?" Before the assistant could answer, he added, "Never mind!" followed by two additional ringings.

"I have the funny feeling she's not home," said Gus as Blame turned from the door and commented, "The feeling's mutual. Let's get back to the office."

Again arriving at the elevator and finding it unwilling to answer to its summoning, both men simultaneously elected to walk the seven flights of stairs to the lobby. Sounds of noisy televisions, screaming babies and several domestic disputes filled the air as theirs shoes thumped against rickety

steps going from floor-to-floor before arriving at a small sign reading "manager" hanging prominently on the first door of the second floor.

Without a word, Blame impulsively rang the apartment's bell, answered just seconds later by a nervously hyperventilating lady with her hair tied in a bun, wearing a robe and holding a tea kettle filled with cold water.

"Oh, my goodness! I heard you coming down the stairs!" she gasped loudly in a maniacal tone. "What's the matter with the elevator! Is it broken? I'll go call the man to take a look at it right away!" she continued while quickly walking to the other end of her apartment, adorned with grotesque statuary and potted plastic plants, leaving both Blame and Gus at the door.

"Actually," began Blame, "we were just trying to..." "Tripp!" interrupted the lady. "My name is Mrs. Tripp!" she yelled across the large room while proceeding to unnecessarily water her plastic plants, much to the astonishment of her callers. "Uh, yes Mrs. Tripp," continued Blame as he rolled his eyes at an equally bewildered Gus. "We had an appointment with Miss Bulango up in 8-G, but she wasn't..."

"Apartment 8-G?" again interrupted Mrs. Tripp. "That's ab...ah...oh, my...Bulango...yes...Sally Bulango! She's up in 8-G! Why do you want to see her? She has a boyfriend, you know! A really big, tough guy! Much bigger than you two! You'd better leave her alone! You hear?"

"No, you see, Mrs. Tripp," Blame again attempted to explain, "we're detectives here to..."

"Detectives?" questioned the woman as she clutched her kettle in both hands and stared uneasily at Blame and Gus while her hysteria quickly turned to paranoia. "I paid my taxes! Every cent! You have no reason to persecute me! Let me call my lawyer!"

"No, no!" responded Blame as he waved his hand back and forth while motioning Gus from the threshold as he began to close the door. "Everything's okay! We made a mistake! Thank you for your help! Goodbye!"

"Well of course everything is okay! Why shouldn't it be okay! I made sure..." continued Mrs. Tripp as the door gently clicked closed.

"I'll wager Mrs. Tripp is going to have a tumble some day," remarked Blame as the hum of the elevator was again heard rattling the walls. Both men quickly sprinted to the end of the hall where Blame pressed the button next to the gate, amazed to find the elevator actual-

ly stopping on their floor in a matter of seconds.

"Service with a smile, huh Gus?" remarked the detective as he again pulled the gate back. "Let's go back up to Miss Bulango's. I'd like leave under her door." Several elevator jolts later, they were again walking down the eighth floor hallway, this time finding the door of Sally's apartment slightly ajar.

"Looks like she returned while we were down at the plastic plant lady's place," commented Gus as both men cautiously approached the opened door. With two slight knocks, Blame quietly announced, "Miss Bulango? It's Roscoe Blame."

With no audible response in the next half-minute, the detective carefully opened the door a little wider to reveal a thoroughly ransacked apartment. "I guess she's not any better at keeping house than her brother," whispered Blame as Gus and he took several steps through the door into a living room while calling her name once again.

Sounds of screaming people, car horns and men working on the street eerily pierced the apartment's silence through an open window until a suspicious thump from an adjoining room compelled both men to quickly investigate.

Peering through a kitchen door, Blame and Gus suddenly spotted the backside of a man at the opposite end of the room attempting to climb through an open window onto the building's fire escape.

"Hey, you! Stop!" yelled Blame as both men quickly ran across the kitchen.

CONTINUED NEXT ISSUE

Free Glaucoma
Screening Available

Striking one in seven people, glaucoma is the leading cause of adult blindness in this country. It attacks vision with constant pressure behind the eye, continually reducing the blood supply nourishing eye cells and fibers.

When this pressure is allowed to continue untreated, tunnel vision can occur, leading to partial or total blindness. But if diagnosed early, the progress of glaucoma can be halted.

Health Center Number Three at 1525 Silver Ave. will be offering free glaucoma screenings on Saturday, February 26 from 9:30 a.m. to 2 p.m. Appointments are necessary for limited space, which can be reserved by calling the center at 468-3664.

- Robert Wagner (1930)
- 11: Lloyd Bentsen (1921); Thomas Edison (1847); Conrad Janis (1928); Sergio Mendez (1941); Leslie Nielsen (1926); Burt Reynolds (1936); Kim Stanley (1925)
- 12: Mava Adams (1945); Joe Don Baker (1936); Charles Darwin (1809); Joe Garigiola (1926); Arsenio Hall (1955); Joanna Kerns (1953); Abraham Lincoln (1809); Simon MacCorkindale (1952)
- 13: Stockard Channing (1944); Eileen Farrell (192); Peter Gabriel (1950); Kim Novak (1933); Oliver Reed (1938); George Segal (1934); Leslie Stevens (1924); Peter Tork (1944); Grant Wood (1892)
- 14: Mel Allen (1913); Jack Benny (1894); Hugh Downs (1921); Florence Henderson (1934); Gregory Hines (1946); Alan Parker (1944); Ken Wahl (1956)
- 15: Susan B. Anthony (1820); John Barrymore (1882); Tempest Bledsoe (1931); Claire Bloom (1931); Keene Curtis (1923); Galileo (1564); Harvey Korman (1927); Melissa Manchester (1951); Kevin McCarthy (1914); Cesar Romero (1907); Jane Seymour (1951)
- 16: Patty Andrews (1920); Edgar Bergen (1903); Sonny Bono (1935); Le Var Burton (1957); James Ingram (1956); Jeffrey Lynn (1909); Vera-Ellen (1926)
- 17: Alan Arthur Bates (1934); Donald Brian (1875); Jim Brown (1936); Margaret Truman Daniel (1924); Hal Holbrook (1925); Lou Diamond Phillips (1962); Raf Vallone (1918); A. Montgomery Ward (1843)
- 18: Helen Gurley Brown (1922); Phyllis Calvert (1915); Dune Clark (1913); Matt Dillon (1964); George Kennedy (1925); Jack Palance (1920); Cybill Shepherd (1950); John Travolta (1954); Vanna White (1957); Wendell Willkie (1892)
- 19: Prince Andrew (1960); Justine Bateman (1966); Louis Calhern (1895); Nicolas Copernicus (1473); Jeff Daniels (1955); John Frankenheimer (1930); Margaux Hemingway (1955); Merle Oberon (1911); Smokey Robinson (1940); Forrest Tucker (1919)
- 20: Ansel Adams (1902); Robert Altman (1925); Charles Barkley (1963); Cindy Crawford (1966); Sandy Duncan

- (1946); Alexei Kosygin (1904); Peter Strauss (1947); Nancy Wilson (1937)
- 21: Erma Bombeck (1927); Tyne Daly (1947); Barbara Jordan (1936); Ann Sheridan (1915); Nina Simone (1933)
- 22: Sparky Anderson (1934); Drew Barrymore (1975); Jonathan Demme (1944); Ted Kennedy (1932); Sheldon Leonard (1907); Kyle MacLachlan (1959); John Mills (1908); George Washington (1732); Robert Young (1907)
- 23: Sylvia Chase (1938); Regine Crespin (1926); Peter Fonda (1939); George F. Handel (1685); Michel Legrand (1932); Robert Novak (1944); Diane Varsi (1938); Johnny Winter (1944)
- 24: Barry Bostwick (1946); James Farentino (1938); Steven Hill (1922); Rupert Holmes (1947); Michel Legrand (1932); Chester Nimitz (1885); Edward James Olmos (1947); Renatta Scott (1935); John Vernon (1932); Abe Vigoda (1921); Honus Wagner (1874); Paula Zahn (1956)
- 25: Jim Backus (1913); Diane Baker (1938); Francisco Coronado (1510); Tom Courtney (1937); George Harrison (1943); Bill Packer (1940); Sally Jessy Raphael (1943); Bobby Riggs (1918)
- 26: Mason Adams (1919); Robert Alda (1914); Lazar Berman (1930); Johnny Cash (1932); Buffalo Bill Cody (1846); Fats Domino (1928); Jackie Gleason (1920); Betty Hutton (1925); Tony Randall (1928)
- 27: Joan Bennett (1910); Chelsie Clinton (1980); Elizabeth Taylor (1932); Mary Frann (1943); Howard Hesseman (1940); Ralph Nader (1934); Irwin Shaw (1913); John Steinbeck (1902); Elizabeth Taylor (1932); Franchot Tone (1905); Joanne Woodward (1930)
- 28: Sir Stanley Baker (1928); Stephanie Beachum (1947); Kelly Bishop (1944); Charles Durning (1923); Gavin McLeod (1930); Bernadette Peters (1948); Bubba Smith (1945); Olan Soule (1909); Dorothy Stratten (1960); Tommy Tune (1939)
- 29: Joss Ackland (1928); Jimmy Dorsey (1904); Ann Lee (1736); James Mitchell (1920); Gioacchino Rossini (1792)

Food Development Through the Ages

People have been trying whatever they can to improve the quantity and quality of their food and drink for centuries. As soon as the first humans decided to stay in one place and grow their own food, as opposed to roaming around and gathering whatever they could, they began seeking ways to improve its quality and increase its quantity.

Considering all that has come before in the following chronology of food development and biotechnology soon fits into an historical context as part of humankind's longtime achievement in improving the food supply.

*500,000 B.C.: Humans create a hearth, a permanent cooking place. While early cooking means dropping food directly onto hot embers, people eventually invent grills of stone to cook on; spitroasting by putting small pieces of food on sticks and holding them over the fire; and stewing by wrapping food in leaves and cooking them in hot ashes.

*18,000 B.C.: Middle Easterners domesticate and breed animals for food, the first of which are deer, antelope and sheep.

*8000 B.C.: Ancient Egyptians master milling by using stone rollers to crush and grind grain into meal, eventually creating flour.

*7000 B.C.: Middle Eastern farmers cultivate sod with sticks.

*6000 B.C.: Stone sickles are used to harvest grain and techniques for drying and smoking are developed in Europe and elsewhere.

*5000 B.C.: The Chinese, Romans and Greeks domesticate pigs.

*4000 B.C.: Dairy farming develops into a major enterprise in the Middle East; the Sumerians learn to make butter by churning milk; and the Egyptians master viticulture and the art of winemaking.

*3000 B.C.: The Egyptians invent irrigation by redirecting water from the Nile River into their fields, while across the world, Peruvians select and grow potatoes on large scales.

*2500 B.C.: The Egyptians domesticate geese, force-feeding them to make them bigger and better-tasting when cooked.

*2000 B.C.: Egyptians and Sumerians learn fermentation, baking, brewing and cheese making. People had been eating naturally fermented foods since the Neolithic Age, but had never understood what was actually going on. They wouldn't for another 38 centuries.

By this time, the selection and breeding of goats, cattle, oxen, horses, geese, chickens and ducks is rapidly replacing hunting.

*500 B.C.: Mediterranean people develop marinating. They soak fish guts in salty solution, then leave them in the sun until they ferment, producing a strong smelling liquid. At about the same time, people across Europe master the preservative technique of salting, which leads to the development of curing and pickling. Salt thus becomes a major commodity in international trade.

*300 B.C.: The Greeks develop grafting techniques, leading to the creation of orchards and groves.

*A.D. 1000: European farmers use oxen to pull plows, allowing much more land to be tilled much more efficiently.

*1276: The first whiskey distillery was established in Ireland.

*1400: Modern candy is created in Europe when cooks dip fruits and berries into melted sugar.

*1500s: Acidic cooking techniques - fermenting foods, then spicing and salting them - come to the fore, leading to the development of such foods as sauerkraut and yogurt.

*1795: Thomas Jefferson writes: "The greatest service which can be rendered any country is to add a useful plant to its culture, especially a bread grain."

*1776: While America is winning her independence, the steam-driven mill is invented in London, making flour milling the first modern food industry.

*1830: The modern distillery is created, dramatically advancing the production of brandies.

*1845: Late blight, a fungal disease afflicting potatoes, ravages Ireland's potato crop in 1845 and 1846; more than a million Irish die in the infamous potato famine.

*1850: Horse-drawn reaping machines allow for large-scale farming across America's Great Plains. Horses were eventually replaced by steam-powered devices, which in turn were done in by tractors.

*1850s: Soft drinks are invented in the United States. The first soft drinks were created by mixing fruit juice with other ingredients such as sugar, carbonated water and citric acid. Also, the

Perkins steam-heated oven is unveiled in London, finally allowing bakers to control temperature. It revolutionizes baking.

*1861: Louis Pasteur develops his techniques for pasteurization, in which he protects food by heating it to kill dangerous microbes, removing the air and sealing it in a container.

*1862: The Organic Act establishes the U.S. Department of Agriculture (USDA) - formerly the Division of Agriculture in the Patent Office - and directs its commissioner "to collect...new and valuable seeds and plants... and to distribute them among agriculturists."

*1865: Augustinian Monk Gregor Mendel, the father of modern genetics, presents his law of heredity to the Natural Science Society in Brunn, Austria. But the scientific world, agog over Darwin's new theory of evolution, pays no attention to Mendel's discovery.

*1870s: The Naval orange is introduced into the United States from Brazil.

*1879: In Michigan, Darwin devotee William James Beal makes the first clinically controlled crosses of corn in search of colossal yields.

*1900s: The science of genetics is born when Mendel's work is rediscovered by three scientists - Hugo DeVries, Erich Von Tschermak and Carl Correns - each independently checking scientific literature for precedents to their own "original" work.

*1906: Modern freeze-drying techniques are mastered in France.

*1913: Home refrigerators are invented in the United States.

*1920: American Charles Birdseye invents the process of deep-freezing foods.

*1937: The Swiss invent instant coffee, which leads to the development of powdered food products.

*1940: Microwave technology - using microwaves to make food molecules vibrate, create friction and heat, and thus cook food - is developed, which leads to the invention of the microwave oven.

*1940: American Oswald Avery precipitates a pure sample of what he calls the "transforming factor;" he has isolated pure DNA for the first time.

*1941: Danish microbiologist A. Jost coins the term "genetic engineering" in a lecture on sexual reproduction in yeast at the Technical Institute in Lwow, Poland.

*1943: The Rockefeller Foundation, in collaboration with the Mexican government, initiates the Mexican Agricultural Program - the first use of plant breeding as foreign aid.

*1953: Nature publishes James Watson's and Francis Crick's 900-word manuscript describing the double helical structure of DNA, a discovery for which they will share a Nobel Prize in 1962.

*1957: As a result of plant breeding efforts begun in 1943, Mexico becomes self-sufficient in wheat for the first time.

*1962: Planting of high-yield wheat varieties (later known as Green Revolution grains) begins throughout Mexico and the seeds are released by the Mexican Agricultural Program to other countries.

*1964: The International Rice Research Institute in the Philippines starts the Green Revolution with new strains of rice that double the yield of previous strains if given sufficient fertilizer.

*1970: Norman Borlaug becomes the first plant breeder to win the Nobel Prize for his work on Green Revolution wheat varieties.

*1973: The era of biotechnology begins when Stanley Cohen of Stanford University and Herbert Boyer of U.C. San Francisco successfully recombine ends of bacterial DNA after splicing a foreign gene in between. The call their achievement "recombinant DNA," but the press prefers to call it "genetic engineering."

*1981: Chinese scientists become the first to clone a fish - a golden carp.

*1982: The first genetically-engineered product - human insulin - is approved for sale by the U.S. government.

*1988: A poll conducted by the Wirthlin Group reveals that 100 opinion leaders from across the United States believe biotechnology will be the technology of the 21st century.

*1990: The first food product modified by biotech - an enzyme used in cheese making - is approved for use in the United States.

The first food product modified by biotech - a yeast used in baking - is approved for use in the United Kingdom.

FAMOUS BRTHDAYS

FEBRUARY

- 1: Kathleen Beller (1956); Laura Dern (1967); Don Everly (1937); Sherman Helmsley (1938); Garrett Morris (1939); Renata Tebaldi (1922); Stuart Whitman (1926)
- 2: Martina Arroyo (1937); Amanda Blake (1931); Garth Brooks (1962); Farrah Fawcett (1947); Gale Gordon (1906); James Joyce (1882); Graham Nash (1942); Stefan Schnabel (1912); Liz Smith (1913); Tom Smothers (1937)
- 3: Kenneth Anger (1930); Shelley Berman (1926); Joey Bishop (1918); Neil Bogart (1943); James Bridges (1936); Victor Buono (1938); Blythe Danner (1944); Morgan Fairchild (1950); Norman Rockwell (1894); Gertrude Stein (1874); Fran Tarkenton (1940)
- 4: Michael Beck (1949); David Brenner (1945); Kent Broadhurst (1940); Nigel Bruce (1895); Alice Cooper (1948); Lisa Eichholm (1952); Betty Friedan (1921); Erich Leinsdorf (1912); Charles Lindbergh (1902); Ida Lupino (1914); Dan Quayle (1947); William Talman (1915)
- 5: Hank Aaron (1934); Red Buttons (1919); Val Doolour (1927); Barbara Hershey (1948); Jennifer Leigh (1962)
- 6: Tom Brokaw (1940); Natalie Cole (1950); Fabian (1943); Mike Farrell (1939); Ronald Reagan (1911); Rip Torn (1931); Robert Townsend (1957); Michael Tucker (1944); Mamie Van Doren (1933)
- 7: Eddie Braken (1920); Charles Dickens (1932); Sinclair Lewis (1885); James Spader (1960); Gay Talese (1932)
- 8: Gary Coleman (1968); Robert Klein (1942); Jack Lemmon (1925); Audrey Meadows (1924); Nick Nolte (1940); Mary Steenburgen (1953); Lyle Talbot (1902); Lana Turner (1920); Jules Verne (1828)
- 9: Kathryn Grayson (1922); William Henry Harrison (1773); Judith Light (1949); Roger Mudd (1928); Bill Veeck (1914); Peggy Mudd (1892)
- 10: Jimmy Durante (1893); Roberta Flack (1939); Leontyre Price (1927); Cesare Sieps (1923); Bill Tilden (1893);

The Puzzler

Around the City

CABLE CARS

CITY HALL

CIVIC CENTER

CLIFF

HOUSE

COTT TOWER

COW

PALACE

FISHERMAN'S

WHARF

FORT POINT

GOLDEN GATE

PARK

MOUNT

DAVIDSON

OCEAN BEACH

PRESIDIO

TELEGRAPH HILL

TWIN PEAKS

UNION

SQUARE

I N I O P T R O F S U S P K

R C L I F F D I Z R R N R L

E T L O S E C A L A P A E L

T A A P Q A I O E C P M S I

N A H O U S E Y W E E R I H

E R Y H A S O O T L F E D H

C E T E R I Y A A B R H I P

C W I H E A G N L A A S O A

I O C E A N B E A C H I V R

U T N W E N O I N U W F L G

I T T D B A Y B R I D G E E

C I L A S K A E P N I W T L

M O U N T D A V I D S O N E

G C C H I N A T O W N B A T

This Month in S.F. History

Feb. 2: In 1848, the Treaty of Guadalupe Hidalgo was signed, ending the Mexican War, and officially ceding California to the United States.

Feb. 3: In 1918, street car service began operation through the Twin Peaks Tunnel, completed in 1917.

Feb. 11: In 1854, select major streets were first illuminated with the use of coal gas. In 1936, the construction began on an 18,768,000 square foot fill adjacent to Yerba Buena Island. Named Treasure Island, it served as the location of the 1939-40 Golden Gate International Exposition.

Feb. 12: In 1851, the Adelphi Theatre hosted Bellini's "La Sonnambula", the City's first grand opera. In 1945, the federal government informed San Francisco of its selection as site of the United Nations Conference.

Feb. 15: In 1861, Fort Point, under construction at the northern tip of the Presidio for several years, was finally completed, housing two companies of the 3rd artillery. In 1880, the Geary Street Railroad opened, providing the first rail public transportation to the City's west end. In 1917, the main branch of the San Francisco Public Library on Larkin Street in the Civic Center was officially dedicated.

Feb. 18: In 1859, boundaries were formally designated, creating San Francisco as a county. In 1939, the Golden Gate International Exposition opened its first year on Treasure Island, charging 50 cents for adults, and a quarter for children under 12.

Feb. 20: In 1915, the Panama Pacific Exposition, honoring the completion of the Panama Canal opened its gates.

Feb. 26: In 1891, the first of many buffalo were purchased for Golden Gate Park. In 1933, Crissy Field in the Presidio hosted the ground-breaking ceremonies for construction of the Golden Gate Bridge.

Feb. 27: In 1907, the Farrallone Islands, once infiltrated by profit-seeking egg poachers during gold rush days, is officially sanctioned a Federal Bird Reserve.

Feb. 28: In 1849, the 1,050-ton steamer California arrived in San Francisco Bay. Although 1,500 people sought continuing transport from Panama, and the 200 foot long ship was built to accommodate 200 passengers, almost 400 optimists eventually made it on board for the 42 day journey to become the very first forty-niners.

MAYORS OF

SAN FRANCISCO

EDWARD TAYLOR

"As mayor of this city, every man looks just as tall to me as every other man." With these encouraging words promising a new beginning, Edward R. Taylor, dean at Hastings College of Law, accepted appointment July 16, 1907 as San Francisco's 28th mayor, filling the seat occupied by his predecessor Charles Bixton for only a week.

Born in Springfield, Illinois on September 24, 1838, Taylor worked as a printer and editor before arriving in California in early 1862, earning a medical degree from Toland Medical College - later to become UC's College of Medicine - in 1865. He studied law while working as a secretary for Governor Henry Haight from 1867 to 1871, later becoming his law partner.

Joining Hastings' faculty, Taylor eventual ascension to its helm along with other vital civic duties - he was a trustee of the S.F. Public Library for 33 years - thrust him into political prominence during the exposed municipal corruption following the 1906 earthquake and fire. Appointed mayor by a scandal-ridden board of supervisors which later quietly resigned, he soon gained support of local Democrats while running for office with the slogan "Citizenship Above Partisan-

SUMP, THE GRUMP By Jackie Holder



Golden Gate National Recreation Area Events

Call to reserve for most activities.

FEBRUARY 5
Baker Beach
*Seacoast Defense: Explore the military history of Battery Chamberlain and participate in a demonstration of the last six-inch disappearing rifle from 12:30 to 1 p.m. Meet the ranger at the gate to Battery Chamberlain at Baker Beach.

Fort Funston Nursery
*Volunteer Planting Day: Spend the morning planting lupines and coyote brush along San Francisco's coastline and learn the importance of native plants in the ecosystem from 10 a.m. to 1 p.m. Meet the ranger at the Fort Funston Native Plant Nursery (556-8371).

Fort Point
Candlelight Tour: On a candle-lit tour through Fort Point, hear tales of soldiers, lighthouses and San Francisco history, exploring gun turrets and artillery casemates from 6:30 to 8:30 p.m. Dress warmly (556-1693).

FEBRUARY 6
Ocean Beach
*Shoreline Beach Walk: Take a casual walk along Ocean Beach and learn the natural history and tips in identifying some winter migrants from 11 a.m. to noon. Meet the ranger at the Cliff House Visitor Center located downstairs from the restaurant (556-8371).

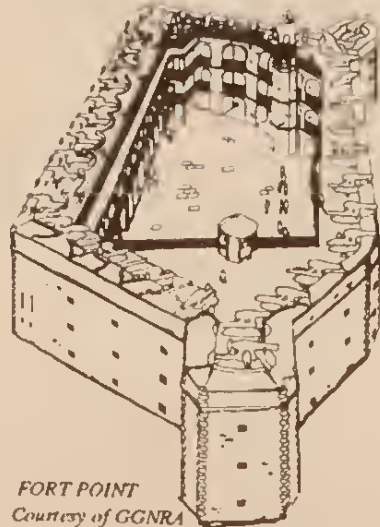
Presidio
*Main Post Historical Walk: Join a walking tour of the Presidio covering more than 200 years of San Francisco history, architecture, cultural landscapes and natural history from 10 a.m. to noon by meeting at the Presidio Main Post flagpole (556-0865).

FEBRUARY 12
Baker Beach
The Way We Were - World War II in San Francisco: Learn about San Francisco and the Bay Area's system of military defense and life on the Home Front 50 years ago from 2 to 3 p.m. by meeting the ranger at the gate to Battery Chamberlain, Baker Beach.

Presidio
*Mountain Lake to Fort Point Hike: Amble along the last three miles of Presidio founder Anza's route. Share thoughts on history of the past, present and future from 10 a.m. to 1 p.m. weather permitting. Meet Presidio docent Bob Halsey at Mountain Lake Park. Return by Muni 28 bus (556-0865).

*Crissy Army Airfield Historical Walk: Learn about the history of Crissy Field, early Army Air Corps and military aviation pioneers by meeting Wyman Spalding, a pilot stationed at Crissy field for five years, weather permitting from 1 to 2:30 p.m. in the parking area adjacent to the parachute shop near the west end of the field (556-0865).

FEBRUARY 13
Presidio
*Main Post Historical Walk (See February 6)
*Presidio Architectural and Cultural Landscape: Examine the historic buildings and landscape on the Presidio and see how the post has developed since 1776. Many styles of architecture will be seen from 1:30 to 3:30 p.m. Bring a camera and meet the ranger in front of the Officers' Club at the Main Post.



FORT POINT
Courtesy of GGNRA

FEBRUARY 16
Cliff House Visitor Center
*Native Plants of San Francisco: Discover interesting facts about the native plants of San Francisco, their importance in maintaining a diverse and stable environment and the National Park Service's efforts to restore a natural habitat from 6 to 7 p.m. by meeting the ranger at the Cliff House Visitor Center (556-8371).

FEBRUARY 18
Ocean Beach
*Beach Party Campfire: Join a ranger for an hour-long program to enjoy the beach, the waves and the night from 5:30 to 6:30 p.m. Bring warm sweaters and marshmallows. Meet the ranger on the beach at Lincoln Way and the Great Highway.

Fort Funston Nursery
*Volunteer Planting Day (See February 5)

Fort Point
*Candlelight Tour: On a candle-lit tour through Fort Point, hear tales of soldiers, lighthouses and San Francisco

Randall Saturdays

Limited February Saturday classes are available at the Randall Museum, 199 Museum Way, starting at 1 p.m. with sign-ups beginning 30 minutes earlier. Parking is free and children under eight should be accompanied by an adult. Call 554-9600 for more information.

*February 5: Pop-Up Valentines will make colorful 3-dimensional cards with hearts and all manner of interesting shapes of your choice popping out with love for all your sweethearts. \$4 per person.

*February 12: Mini Lion Head Puppets celebrates the Chinese New Year by making a puppet-sized version of the magnificent mythic lions that dance on the New Year to scare away evil and bring in prosperity. \$4 per person.

*February 19: An Afternoon of Tall Tales celebrates the rich and diverse experience of African people throughout the world with stories for young and old. \$3 for adults, \$1 for

history, exploring gun turrets and artillery casemates from 6:30 to 8:30 p.m. Dress warmly (556-1693).

Presidio
*Main Post Historical Walk (See February 6)
Sutro Baths
*Tour the Ruins: Take a walking tour of the ruins of Sutro Baths from 11 a.m. to noon. Built by Adolph Sutro, the baths were once the recreational hot spot for San Franciscans. Meet the ranger outside the entrance to Louis' Restaurant.

FEBRUARY 20
Presidio
*Cemetery Walk: San Francisco National Cemetery is the final resting place of many famous and interesting people: pre-Civil War soldiers, a Union spy, an Indian scout, and 34 Medal of Honor recipients. Dress warmly for a walk from 10 to 11:30 a.m., meeting the guide, weather permitting, at the entrance gate along Lincoln Blvd. (556-0865).

*Coastal Defense Hike: A scenic three-mile hike from the Golden Gate Bridge to Baker Beach. Explore remnants of historic coastal defense batteries from the 1870s through World War II weather permitting from 1:30 to 3:30 p.m.. Meet the ranger at the Battery East parking lot above Fort Point along Lincoln Blvd.

FEBRUARY 26
China Beach
China Beach - What's in a Name?: Learn about this sheltered little beach and how it got its name from 2 to 2:30 p.m. Meet the ranger in the picnic grounds of China Beach. Call for directions and handicapped accessibility (556-8371).

Presidio
*Main Post Historical Walk (See February 6)
*Park Patrol - 1895: Meet "Lieutenant Larry Gill" inspecting his gear before leaving to patrol Yosemite National Park in the year 1895. Find out about daily cavalry life on the Presidio and in the mountains from 10:30 to 11:30 a.m. and 1:30 to 2:30 p.m. weather permitting by meeting the cavalry trooper on the lawn outside the Presidio National Museum.

FEBRUARY 27
Presidio
A Walk on the Wild Side: The Presidio contains wonderful natural areas to explore. Learn about the plants, animals and geology of the San Francisco peninsula from 10 a.m. to noon. Dress warmly. Rain cancels. Call for reservations, information and starting point (556-0865).

children.

*February 26: Technology and the Environment, presented by the African Scientific Institute, shows how weather affects plants, animals and people. Make a weathervane and try some chemistry experiments. \$3 per person.

And don't forget the free animal talk Saturdays at 2:15 p.m. and the model railway exhibit the second and fourth Saturdays of each month from noon to 4 p.m.

ADVERTISE IN THE

WINE

CATCH The Business You Want

PRICES PER ISSUE

FULL PAGE

HALF PAGE

1/4 PAGE

\$150

\$80

\$45

1/8 PAGE

1/12 PAGE

DEADLINE 20TH

\$25

\$15

OF PRIOR MONTH

10% SAVINGS ON SIX MONTH CONTRACT

ACROSS

1. Related

4. Halt

8. Gents

9. Alternative

11. Anger

12. Before Easter

14. 2nd vowel

16. Shelter

18. Resolve

19. 20th letter

20. Be

21. Get old

23. 14th letter

24. Vase

26. On account (ab)

27. Number ones

30. First rank

32. 4th vowel

33. Frost

36. False reports

38. For

37. Consume

38. Story

39. Tall plant

DOWN

1. High

2. List number

3. Arees

6. Neep

8. Mineral

7. Confined

10. Rules

13. Tellerum (ab)

17. Vegetable

18. Drug enforcement

20. Enter

22. Laugh

24. Union International

26. Tree

28. Stop

27. Touch

28. Traditional

29. Folk singer Sooger

31. Govt. agency

34. _ Weel

Speeding Excuse?

A woman in Indianapolis gave the most ridiculous excuse for speeding. "I just bought a new pair of shoes. Officer. They have very high heels and platform soles, so I didn't know how far down I was pressing the pedal."

Keeping Your Weight Loss Resolutions

With 1994 in full swing, more than 63 million adults have made health-related New Year's resolutions - but the large majority have kept them only one week. We all know that making resolutions is easy - sticking to them is the hard part.

"One of the main reasons people are unable to keep fitness-related resolutions to lose weight is because they start out too strong and may have unrealistic immediate expectations," said Jeff Zwiefel, M.S., director of the National Exercise for Life Institute (NEFLI). "And because they have trouble sticking to a rigorous diet and exercise program and don't see immediate returns on their investment, they quit completely."

NEFLI thus offers these helpful tips: "Exercise is as important to a weight loss program as a balanced diet. To get positive, lasting results, it's important to develop a realistic exercise program. Don't overdo it - start slowly and progress gradually. Because many people quit exercise due to discomfort, make sure you listen to your body and most importantly, select exercises you enjoy."

"For maximum results, compliment your diet with a balanced fitness program incorporating both aerobic exercise and strength training. Aerobic exercise such as walking, running, cross-country skiing or rowing uses fat as its primary source of fuel which helps you to lose and maintain weight, making you more energetic. Strength training plays an important role in weight loss too, as it can help increase muscle mass which, in turn, is able to burn greater amounts

of fat.

"Identify realistic goals for three and six months out. From a weight loss perspective, expect to lose one to two pounds per week.

"Look at the big picture rather than the quick fix when it comes to weight loss. Realize that what you're doing today will have long-term rewards such as improving your overall quality of life. You can also expect improved energy levels, less stress and lowered resting heart rate and blood pressure.

"Avoid relying on the bathroom scale as a determinant of success with your weight loss program. The real success to weight loss is changing your body composition and improving your muscle to fat ratio. At first you may not see a dramatic change in your body weight, but you will see inches disappearing from your body's measurements.

"Keep yourself motivated by changing your stretching regimen; the type of aerobic exercise you do; your muscular conditioning regimen; the time of day when you work out and the place.

"Keep accurate records of your workouts and progress. Set and update your goals regularly. You may find you're advancing so quickly that you'll need to increase goals to make your workout program more challenging.

"Find a diet and exercise partner who shares your goals. Having another person striving for the same results will help you motivate and inspire each other.

"Work exercise into the fabric of your life. Your goal is a more active lifestyle, not just an hour's worth of exercise several days a week. You must find a way to work the pattern of increased physical activity into your life as effortlessly as possible.

"Learn to enjoy yourself. All of these strategies are intended to make your exercise more enjoyable. Try to find ways to transform what started as a duty into a source of pleasure and entertainment.

"While initiating a regular exercise program gets people on the right track for a healthy future, the real secret is to work a more active lifestyle into the very fabric of your life," explained Zwiefel. "This will help yield the long-term results most people are looking for when they make their New Year's resolutions."

Science Exhibit Honors Black Achievement

In a fascinating exhibit honoring more than 100 historical and contemporary African Americans, "Black Achievers in Science" presents successes of pioneering greats from 18th century astronomer Benjamin Banneker to NASA astronaut Mae Jemison, a member of the space shuttle Endeavour's crew during a mission in September, 1992. Sponsored by the Museum of Science and Industry in Chicago, the 2,500 square-foot display will be at the Academy of Sciences in Golden Gate Park from February 11 through April 17.

Public Service Numbers

Contrary to common belief, there is a number to call for just about any legitimate complaint. Whether you want the City to pick up an sofa dumped at your front door, to remove graffiti on your sidewalk, or to complain about a guy down the block playing his trumpet at midnight, this list tells whom to call. The City will usually send someone out within 24 hours to remove dumped items or paint over graffiti.

Abandoned cars781-JUNK
Building inspection info658-6088
Curb painting (M-F 8-5pm).....554-2300
DPW 24 hr. emergency.....695-2020
Electrical inspection.....558-6030

Garbage complaints.....558-5461
Graffiti removal.....695-2037
Illegal parking.....553-0123
Hazardous waste hotline.....554-4333
Noise (construction).....558-6096
Noise (non-construction).....558-4731
Noise nuisance (police).....563-1012
Parking meter out of order.....821-5592
Parking permits(residential).....554-4486
Plumbing inspection.....558-6054
Spills (street area).....861-8020
Street/sidewalk inspection.....554-5837
Street cleaning-illegal items.....695-2017
Street lights out of order.....554-0730
Signs-missing or damaged.....558-2096
S.F. Beautiful Hotline.....421-2608
Traffic signals out of order.....821-5591
Water Dept. street breaks.....923-2500
Water Dept. home emrgs.....923-2400

February 1994

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

		1	2 6:30pm Valleywide Parents' Council	3 11:00am VVCC Senior Council Meeting 7:00pm ROSES meeting	4 7:30pm Visitacion Valley Asian Residents' Assn 8:00pm Valley Baptist Youth Groups	5
6 1:00pm VVCC Bingo	7	8 4:00pm VVCC Board Meeting 4:30pm Stanley's Trunks Meet 7:00pm El Dorado N.H.C. Meeting	9 6:00pm Executive Park Advisory Committee-open to all	10	11 8:00pm Valley Baptist Youth Groups	12 Lincoln's Birthday
13 1:00pm VVCC Bingo	14 Valentine's Day	15	16 Ash Wednesday	17	18 8:00pm Valley Baptist Youth Groups	19
20 1:00pm VVCC Bingo	21 President's Day	22 Washington's Birthday	23	24 USDA Surplus Food Distribution Day at VVCC	25 3:00pm Visitacion Valley Improvement Club 8:00pm Valley Baptist Youth Groups	26
27 1:00pm VVCC Bingo	28					

January

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

March

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Black History Month at S.F. Public Library

Storytelling, exhibitions, an awards ceremony, and film and video presentations are among the numerous free Black History Month events and activities scheduled throughout the San Francisco Public Library system in February.

More than 10 storytelling sessions for children and teens are scheduled at the Main and branch libraries - presenters include Anita Jones, Karen McKie, Yolanda Rhodes and Bill West.

Teen programs include a poetry, music and dance presentation February 7 at 3:30 p.m. and "African-Americans in the Entertainment and Sports Industry" February 14 at 3:30 p.m. at the Bayview-Anna E. Waden Branch, 5075 3rd St.

Children's film and video showings include: the Main Library's "Thursday at Noon Large Screen Video" series offering programs about "Black Women of Achievement in American History" on February 3, 10, 17, and 24.

Local rap recording artist La Creaa appears at the Ocean View Reading Center, 111 Broad St., February 10 at 3:45 p.m. and Potrero Branch, 1616 20th St., February 23 at 7 p.m. Programs featuring demonstrations of the music and culture of Ghana will be presented by Frankie Leff at the Visitacion Valley Reading Center, 45 Leland Ave., February 16 at 1 p.m. and the Bayview Branch February 16 at 7 p.m.

The Wajumbe Children's Cultural Ensemble will be among the groups appearing at an open house February 5 at 2 p.m. at the Western Addition Branch, 1550 Scott St.; the ensemble also performs at the Excelsior Branch, 4400 Mission St., February 12 at 11 a.m. and 3 p.m. at the Richmond Branch, 351 9th Ave.

Dr. Barbara Christian, professor of African-American literature at the University of California, Berkeley, discusses the work of Toni Morrison, winner of the 1993 Nobel Prize for Literature at the Western Addition Branch, February 19 at 3 p.m.

Local educator, activist and lecturer Josephine Cole provides the keynote address at an event in her honor at the Ortega Branch, 3223 Ortega St., February 24 at 1:30 p.m.; an exhibition of memorabilia remains on display February 8 through March 4 at the Ortega Branch in conjunction with this event.

In cooperation with the National Council of Negro Women, the Western Addition Branch ends the month with the Sixth Annual Unsung Hero Awards Program, February 27 at 3 p.m., honoring 10 individuals in the African-

American community who enrich the lives of others, including entertainment and a reception.

Unsung Hero Awards "honor people who unselfishly give their time and energy to make life better for others in the African-American community," noted Manager Joan Jackson of the Western Addition Branch. "It is appropriate for the Western Addition Library to seek out and honor these individuals."

Black History Month programs are funded by the Friends of the San Francisco Public Library.

Final Day Coming For Postal Applicants

Prospective postal workers have one more day, February 8, to receive and submit application/admission cards from 6 a.m. to 6 p.m. at the Embarcadero Postal Center, 228 Harrison St.

Grapevine Want-Ads

Private parties only. Up to 20 words for \$1. Extra lines 50 cents each. Mail ad with a check by 20th of month prior to issue date to Visitacion Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134

FOR RENT : Small apartment near Silver Ave. Call 282-4807.

INVITATION TO BID : The Visitacion Valley Community Center will accept sealed bids for a contract to furnish all labor, materials, transportation and services required for the upgrading of Handicap Accessibility and minor remodeling facility at 50 Raymond & 325 Leland Avenues, San Francisco.

Bidding package with plans, specifications and bidding forms will be available at 50 Raymond Avenue, San

Francisco.

Inquiries concerning this invitation to Bid should be directed to F. J. Centurion at (415) 479-4552.

A walkthrough shall be held at the site on J Feb. 1994.

Each bid shall be made on the Bid Form furnished with bid package and each bid shall be sealed and filed at 50 Raymond Ave., San Francisco, at or before 4:00 p.m. (PST) on 24 Feb. 1994 at which time and place all bids will be publicly opened and read aloud.

Bidder's attention is called to requirements relating to HUD, Federal Labor Standards, and Affirmative Action/Equal Employment Opportunities and Human Rights Commission.

Rights are reserved to reject any or all bids.

Panda Restaurant & Cafe

新榮華



BREAKFAST • LUNCH • DINNER • CATERING • FOOD TO GO

73 Leland Avenue
585-6419

Open Mon. thru Sat.
8:00 a.m. to 8:00 p.m.

COMMUNITY BOARDS OF SAN FRANCISCO
SERVING VISITACION VALLEY
SINCE 1976

Are you involved in a conflict?
Resolve it peacefully at no cost
For Information or Assistance call:
863-6100

SE HABLA ESPANOL

有講粵語工作人員

ST. JAMES PRESBYTERIAN CHURCH

240 Leland Avenue San Francisco, Ca. 94134 Telephone: (415) 586-6381

The Rev. Dr. Jerry O. Resus, Minister

Church School Classes - 9:15 a.m.
Sunday Worship Service - 10:30 a.m.
Wednesday Bible Study - 11:00 a.m.
Friday Cottage Bible Fellowship - 7:30 p.m.
Saturday Choir Rehearsal - 10:00 a.m.

YOU are cordially welcome to join us for study, worship, fellowship and service. We seek to teach the Bible and to lift up Jesus Christ so He can draw all persons to Himself.

COME TO CHURCH THIS WEEK.

we serve with honesty & dependability
FOR YOU - we buy, sell, trade,
rent, manage

HENRY SCHINDEL
Real Estate Broker

91 Leland Avenue 239-5850
San Francisco 94134

Peculiar Doings

*Congress has reopened that 1947 UFO case of a mysterious object in Mexico to determine if the government was actually trying to cover it up. All closet aliens from other planets, please take note.

*Claiming he was injected with radioactive material at a San Francisco hospital in the 1940s, a man has filed a \$10 million claim for damages with the Energy Department. Government records show nearly 1,000 radiation studies and projects were conducted in 1955 and 1956 alone.

*Things have been so cold on the East Coast this winter that a Long Island man backed his car against an open basement window attempting to thaw frozen water pipes. Needless to say, the experiment backfired when his entire family had to be rushed to the hospital for carbon monoxide poisoning.

*And in Washington, D.C., more than 100 water mains ruptured over the New Year weekend, a problem attributed to rapidly falling and rising temperatures.

*While we're on D.C., Forbes reported the nation's capital ranked number one in lawsuits. California came in 13th, but who's counting, right?

*Merchants in Calexico are upset with a new map commissioned by their chamber of commerce. Not only are downtown businesses shown, but also caricatures of people trying to sneak across the border from Mexico, including: tunneling under and climbing over a fence, sneaking through a sewer system and being disguised as a cactus.

*Honoring a retired Newport Beach fisherman's last request before death, his 12 year-old, 23 pound cat sat front and center at his master's services.

*A contraband-sniffing dog will soon be walking the halls of Los Banos schools looking for illegal drugs.

*In the grouchy-fish-with-teeth department, we have the fishermen on a boat off New South Wales, Australia who battled for 11 hours with a great white shark measuring 14 feet and weighing 1,800 pounds - quite a catch of the day!

*As if the African black mambo

snake scare in Palo Alto a few month's back didn't frighten enough people, authorities were recently telling residents of a Santa Rosa neighborhood to keep their toilet lids down and bathroom doors closed in hopes of trapping an escaped python thought to be slithering in the sewer system beneath their homes. Sort of gives you something to think about the next time, huh?

*Speaking of rear-ends, Queen Elizabeth II was getting so cold this winter in the coach used for ceremonial occasions that she had a bun warmer installed. No more cold...ah...seats there.

*Wanna take a trip through the chunnel under the English Channel between Britain and France? It'll cost you about \$240 for a round-trip auto toll.

*Costing considerably more was the \$10,000 apiece two Worcester, Massachusetts surgeons were fined for brawling during an operation, a fracas started with an improperly thrown cotton swab.

*In London, the ex-wife of a model train enthusiast was awarded - you guessed it - his \$30,000 model train collection, as part of a divorce settlement.

*Sentencing a Forestville dentist to a year in county jail for selling marijuana and cocaine, a Sonoma County judge denied the man's request to instead provide free emergency dental services to jail inmates.

*Drunken driving defendants are given no leeway by a bike-riding Porterville judge who simply tells those with suspended licenses to ride a bicycle. "If it's good enough for me, it's good enough for them," he said.

*A British government regulatory board launched a broad inquiry into the ethics of reproductive technology after a 59 year-old woman given fertility treatment bore twin test tube babies last Christmas. Her doctor had also helped a 58 year-old Swedish woman give birth to twins four months earlier.

*A new State Department report says China hasn't improved human rights abuses enough to warrant renewal of special trading status. Meanwhile, the Chinese continue to outlaw new golf courses, horse-racing tracks and other venues deemed "conspicuous." How dare they have fun?

*Speaking of strict, a 22 year-old Bangladesh man was thrown in jail for

kissing a newly married woman in a rickshaw on a busy street in Dhaka. Seems he was a stranger who couldn't resist an opportunity.

*After dissecting Lenin's brain into thousands of slices, Russian scientists finally concluded the Bolshevik leader's genius was no more special than the next guy's.

*Russian troops withdrawing from the eastern part of Germany are reportedly selling their arms to the local neo-Nazis, a convenient way to earn a little extra mad-money.

*Meanwhile, neo-Nazis are linking themselves through computer mailboxes, cellular telephones and pagers, making it difficult for authorities to find them.

State Income Taxes May Have Less Bite

Filing tax returns this year will be easier for many married couples, while some taxpayers will face lower taxes than last year, according to the Franchise Tax Board (FTB).

Californians with taxable income unchanged from last year will pay less in state income taxes this year, as the state's income tax brackets were indexed by 2.5 percent for the 1993 tax year. Indexing takes the rate of inflation into account and adjusts tax rates and certain credits to insure additional taxes are not paid from year to year due solely to inflation.

For the first time, many couples can file the 540EZ form, which basically requires income from wages or salaries be less than \$50,000 with neither itemized deductions or dependants. Previously only available to single filers, the form is designed to simplify the filing process and reduce errors. Taxpayers should consult the filing chart on page two of their tax booklets to determine which forms to file.

Approximately four million renters this year will not be able to claim the Renters Tax Credit for the first time. Legislation suspended the credit for 1993 and 1994 to save the state an estimated \$400 million each year. Also gone is the Child Care Credit, which was only in effect through the 1992 tax year.

Special tax treatment is available for taxpayers having suffered property damage or destruction in disaster areas

*How about the former New Zealand dairy farmer who remembers a certain morning in 1945 when his cows didn't produce enough because German U-boat sailors, it was later learned, crept ashore to get some freshly-squeezed milk.

*Just what constitutes age bias? Two Fresno police lieutenants in their 50s claimed being moved to the night shift was enough to charge their department.

*Parents thought it a miracle the same man could find and return two missing children in Los Angeles until authorities discovered he had actually kidnapped the boys.

*Managers of a Safeway in Oxon Hill, Maryland are being a little more

cautious these days after the front doors were accidentally left opened last Christmas and a few dozen people started shopping inside with no checkers, no stock persons and certainly no free food samples.

*Football eventually won in Menlo Park when PG&E construction necessitating a blackout to some customers was postponed until after the Superbowl.

*And remembering a horrible Amtrak disaster last September killing 47 people after a barge rammed and damaged a Louisiana railroad bridge a tender quickly alerted authorities to stopped a train with 162 people aboard from crossing his barge-bumped bridge.

designated by the president to warrant assistance by the federal government. California disasters that qualified include last year's Southern California fire storm and last January's winter storm damage. Taxpayers living in such designated areas may claim a disaster loss on either their 1993 returns or claim the loss in the prior tax year by amending their 1992 returns.

Last year's legislation added two funds for taxpayers to make voluntary contributions: the California Firefighters' Memorial Fund and the California Public School Library Protection Fund.

To ease tax confusion, the FTB has an automated toll-free telephone assistance system called FAST (Fast Answers about State Taxes) providing answers to the most commonly-asked state tax questions, a number which can also be used to check on a refunds or order tax forms. Last year, nearly 1.8 million taxpayers received assistance 24 hours a day, seven days a week through FAST at 1-800-338-0505.

Information regarding the status of a refund or ordering forms is available Monday through Saturday from 6 a.m. to 10 p.m.



SHIREL'S

Romantic Gifts & Flowers

Fresh, Dry & Silk Arrangements

2501 Bayshore Blvd.

San Francisco, CA 94134

415/467-4414

Shirel & Sabrina Smith



Cathy M. Kline

Lifetime Senior Marketing Consultant
Broker Associate

**FOX &
CARSKADON**

**Better
Homes[®]
and Gardens**

**Residential Real Estate
Same Great Service!**

**2633 OCEAN AVE. at 19TH
SAN FRANCISCO, CA 94132**

(415) 334-1880